

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

November Program Highlights

Omelet Bar...with a Fall Harvest/Thanksgiving Twist

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Some of the brunch foods offered this month will reflect Thanksgiving traditions and the fall harvest.

Date: Wednesday, November 21
Sign-up by Monday, November 19
Time: Noon
Cost: \$4.80 (Regular lunch fee)

Ask Nurse Steve

Steve Stoyke, the Department of Aging nurse will talk about "Heartburn or Heart Attack: The signs and symptoms of heart attack and stroke."

Date: Wednesday, November 21
Time: 12:30 p.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Wednesday, November 21
Time: 11:30 a.m. **Cost:** Free

Exercise to Video

Exercise to a video made especially for seniors.

Dates: Mondays through Thursdays
Time: 11:00-11:30 a.m. **Cost:** Free

Drop-in Any Time

Drop-in anytime we are open to use our computers, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.

Free WiFi! Free WiFi! Free WiFi!

Men's Discussion Group

A group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. Coffee provided.

Date: Thursday, November 8 & 29
Time: 9:30 a.m. **Cost:** Free

Ask a Banker

Do you have questions that only a banker can answer? A representative from a local bank will be here to answer any questions you have about checking, savings, investments, etc.

Date: Tuesday, November 13
Time: 1:00 p.m. **Cost:** Free

For the Health of It

Towson nursing students will be presenting a health education session designed for seniors. Each date will cover a different topic.

Date: Thursdays, November 1, 8, 15, 29
Time: 11:30 a.m. **Cost:** Free

Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m.
Date/Time: Tuesdays 1:00 p.m.
Cost: Free

